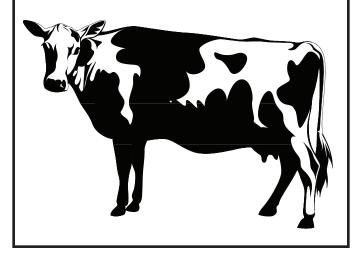
# Milk Makers ... and the Foods they give Us

### objective:

 Students will be able to discuss how milk is produced and name foods made with milk.

#### Materials needed:

- 1 book (choose from)
  - The Milk Makers by Gail Gibbons provides detailed information on how cows produce milk, how a milking machine works, and how milk is processed and packaged for stores.
  - No Milk! by Jennifer A. Ericsson tells the story of a city boy who visits a farm and has a hard time learning how to get milk from a cow.
  - Milk from Cow to Carton by Aliki. Colorful drawings illustrate simple text that describes the cow-to-carton process.
- 1 ball
- 1 small paper bag
- Power Panther
- Dairy Cow
- Pictures included in the lesson:
  - Milk (white, chocolate, and strawberry-flavored)
  - Yogurt (low-fat yogurt)
  - Cheese (string cheese and block cheese)
- 1 picture of slurp (Slurp is Power Panther's nephew.)



#### Learn:

- Introduce today's topic by having students guess what animal you will be talking about from the following clues:
  - a. This animal eats grass, grain and water and lives on a farm.
  - b. This animal has one stomach with four parts.
  - c. This animal is sometimes black and white.
  - d. The sound this animal makes is (write this out on paper for letter recognition, naming the letters as you write and then pronounce what you have written) M-O-O. Students should be able to guess that it is a cow at this point.
- 2. Introduce and read the book you have chosen. Ask if the children have any questions about what you have read and answer their questions.
- 3. Introduce Slurp and explain that he likes to drink milk because Power Panther told him it's a healthy food. Slurp also eats other healthy foods that are made from milk. Explain that you have pictures of these foods in your "Mystery Bag" and ask a child to pick a food picture from the bag that Slurp likes, and name the food. (Discuss foods as they are drawn and named, talking about the different flavors that milk and yogurt can be, the different colors, flavors and shapes that cheese can be, etc.)

#### **Activity:**

- **1.** Explain that you are going to play a game to see if the children remember what foods come from a cow.
- 2. Have children form a circle. Explain that you will read the names of healthy foods and that they should pass the ball to the right each time you name a healthy food. When you name a healthy food that is made from cow's milk, they are to bounce the ball to the person across the circle from them. Demonstrate how to bounce the ball across the circle.
- 3. Begin reading the names of foods:
  - a. Broccoli, bread, cheddar cheese
  - b. Pork chops, yogurt
  - c. Apples, bananas, string cheese
  - d. Rice, chocolate milk
  - e. Grapes, strawberry-flavored milk

Continued on back

- f. Cereal, white milk
- g. Continue naming foods and dairy products until everyone has had a chance to get the ball.

#### Reflect:

- Ask students to recall what they learned about how milk is made and how it becomes the food we eat and drink.
- Ask the children to name the dairy products that were in the game (cheese, yogurt, milk). Show the pictures of the milk and milk products again as the children name them.

### Apply:

1. Ask each student to name the dairy product they think they will have with their dinner tonight or for a snack when they get home from school.

#### **Extend the activity: Math**

Supplies: Small rectangles of pink, brown and white paper printed with the shape of a glass of milk

Do: Have the children taste plain, chocolate and strawberry-flavored milk. (Work with the School Nutrition Director as it could be done in conjunction with snack time. Make sure the milk is served cold.)

**Reflect:** Ask the students how many cups of milk they will drink every day — one, two or three.

**Apply:** Make a graph by placing similar colored pieces of paper in a row.

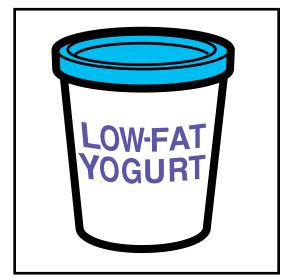
- Ask each student their favorite kind of milk and hand them a rectangle that represents that color. Chart the results or add the students' rectangles to the graph.
- **2.** Discuss which milk is the most popular based on the graph.

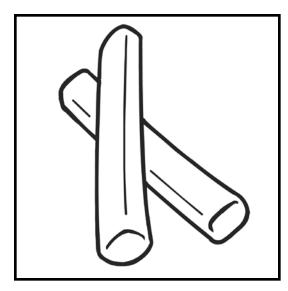
# Milk Makers ... and The Foods They Give Us

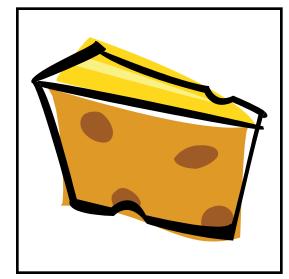














### **KINDERGARTEN • LESSON 1**



